

LACTATION APPOINTMENT

DATE

TIME

IMPORTANT! Please arrive for the lactation appointment time NOT the baby's appointment time.

Although you will receive a text reminder for both appointments, since the baby's appointment time is the later one, if you arrive at the baby's time you will have to reschedule your lactation visit.

What to expect for your appointment:

- Appointments last 60-90 minutes.
- You will meet with a lactation counselor/consultant to discuss your current feeding plan and a brief medical history, including feeding goals and any concerns you may have.
- You will have a nursing session to answer any latch or position concerns.
- You will get a plan for feeding based on the assessment and your feeding goals.
- You will also meet with one of the providers who will briefly examine the baby.

The Lactation Consultant you will be meeting with is _____

HOW TO PREPARE FOR YOUR APPOINTMENT

#1 Bring your baby ready to eat!

Try to feed the baby about 2 hours prior to the appointment to ensure the baby is plenty hungry but not so hungry they are too upset to latch.

Be sure to record the following for the last 24 hours:

- the number of your baby's wet and dirty diapers
- how many times you've nursed (and for how long)
- any supplementation given (either expressed breast milk or formula) including how much and how often

If you are using anything to help with breastfeeding, such as a nipple shield, bottle or supplement - please bring it with you. (We have a breastfeeding pillow in the office).

If you are using a pump please bring it with you. There may not be time for a full pumping session, but it is helpful if there are questions regarding fit or usage.

We encourage you to bring a support person with you.

Wear clothing that is comfortable and easy to breastfeed in.